

Army aims to attain full readiness and relevance by 2020

DAVID VERGUN

Army News Service

WASHINGTON — The chief of staff of the Army's goal is for the entire Army to be fully - manned, trained and equipped 2020, to meet the national security needs of the nation, said Maj. Gen. Walt Piatt.

Piatt, director of operations, readiness and mobilization within Army G-3/5/7, and others spoke during an Army War College-sponsored conference in Carlisle, Pa., April 27.

As part of meeting that across-the-board readiness, the Army is rolling out a new forces generation model that will provide sustained readiness to all units, so that all are ready, not just a few, he said.

Now, just a third of the force meets adequate combat readiness, he said.

A lot of the lack of readiness has to do with Soldiers who are non-deployable, and most of that is medical in nature, Piatt said.

A new website will inform company commanders and first sergeants who is deployable and who is not, Piatt said. They'll be able to pull up profiles and access information from Army Medical Command that will allow them to get Soldiers the health care they need to become

deployable.

Full-spectrum ready

Another issue of readiness the Army is working is providing combined arms maneuver training to all units in addition to wide area security that Soldiers have been doing for the last 15 years, Piatt said.

Andrew Hill, a U.S. Army War College professor, said wide area security operations alone would not work against a peer or near-peer adversary. He used an analogy to illustrate his

In 1939, certain cavalry Soldiers were fully trained, equipped and manned to perform cavalry maneuvers on horseback. They were, in fact, fully ready, he said.

But were they relevant, he asked, the takeaway being, relevance of training for the fight is a big part of readiness.

Daniel Feehan, who serves as the principal deputy assistant secretary of defense for readiness, said he doesn't lose any sleep over the Army's emphasis on full-spectrum training, including combined arms maneuver. He said he knows the Army is serious about the issue.

He said it's ironic that today the Army has

experienced when it comes to full-spectrum op- adaptive leaders very seriously." erations against a near-peer threat.

Over the last 15 years, he said, Soldiers have insurgency, but that has left a capability gap for facing a peer or near-peer adversary.

Some brigade commanders of today haven't experienced full-spectrum operations or fullspectrum training since they were lieutenants, Feehan said.

"It will take time to get that readiness back," he

Goal is to defeat peer adversary

Piatt defined the readiness needed as the ability to "defeat a peer competitor, while denying another, while still fighting a war on terror."

"If we had to go tomorrow, we'd either pull forces away from a current demand or send forces not ready, or go late, or we would not go. All of those options are not good," he lamented, adding that "we are recovering readiness."

Recovering readiness consists of an emphasis on both training and education, he said.

"Training prepares us for the expected, while

the most experienced combat veterans in a long education prepares us for the unexpected," Pitime, but that those same Soldiers are the least att informed. "We take producing agile and

Agile and adaptive leaders are needed for the future fight where the force will not only been experts in waging war against a stubborn engage with the enemy, but also will deal with displaced civilians, disease, climate change and a very complex environment, he said.

Everyone is very comfortable with tactical readiness, Piatt said. But strategic readiness is just as important, and that's where the Army plays an outsized role.

Take logistics. There will not be any movies made about getting ammo and fuel to the joint force, but that's where the Army's three components will play a key enabler roll in the next fight, he said.

'We have high global demand, almost 190,000 assigned or allocated to combatant commands, many of which are rotational," Piatt said. "These rotational models can help us build readiness.'

Piatt referenced rotational forces in Korea and Europe that get full-spectrum training every month in realistic settings.

He concluded, "Readiness is our number one priority, and there will be no other number one."

2016 Hawaii Cost of Living survey results released for 2016



CAMP H. M. SMITH - U.S. Pacific Command announced the results of the 2016 Hawaii Cost of Living Allowance survey, April 13.

The outcomes of the survey annotated that Oahu's COLA index will remain the same at 124, Kauai's COLA index will increase from 132 to 134, Maui's COLA index will increase from 134 to 138. and the Big Island of Hawaii's COLA index will decrease from 132 to 126.

PACOM Quality of Life & Education Branch officials said that the Big Island's drop can be attributed to decreased transportation, telephone and Internet usage, and clothing costs.

Officials also point out how important it is for maximum survey participation because it aids in accurately calculating these rates, whether they increase or decrease, ultimately contributing to

the quality of life for service members. David Tom, PACOM Quality of Life & Education analyst, said a COLA index of 124 means the aver-

age cost of goods and services is 24 percent more expensive on Oahu than the continental U.S. (CONUS) average. For example, a 1-point index change equals approximately \$30 dollars per month for an E-6 with three dependents and 10 years of service.

The COLA indexes were determined based on the results of two different surveys: The Living Pattern Survey (LPS) and the Retail Price Schedule (RPS). All active duty services members stationed in Hawaii who had been in Hawaii at least three months were asked to complete the LPS, in which service members identified the local stores they shopped in and the amount they purchased from the commissary and exchange.

Based on information received by the LPS, the Directorate of Manpower and Personnel at PA-COM used the RPS to do a price collection of select items from the top two stores identified in each category (e.g., food, groceries, clothing). The RPS data was then sent to the Defense Travel Management Office, which compared the Hawaii prices to the

CONUS average for equivalent goods and services. Air Force Col. Peter Santa Ana, director of Manpower and Personnel at PACOM, said the 72 per-

cent participation rate for this year's LPS survey completed by service members in February was a major increase compared to the 2014 LPS' 10 percent participation.

"This year's LPS participation rate was absolutely phenomenal," Santa Ana said. "Commanders and senior enlisted leaders at all levels strongly emphasized the importance of completing the LPS. Without their strong support, we would not have been able to achieve the overall participation rates of 72 percent on Oahu and 100 percent on the neighbor islands.

"We now have the blueprint to replicate this LPS participation in 2019 and ensure the most accurate COLA calculation for our service members and their families," he added.

Santa Ana explained the importance of partic-

ipating in these types of surveys. "The increased LPS participation gave a more accurate data point for assessing the higher cost of goods and services experienced by service members stationed in Hawaii," Santa Ana said. "On Oahu, accurate information helped to stem an even further reduction in the COLA rate beyond that experienced last year."

Tom said service members stationed on Kauai or Maui saw an increase in their paychecks effective Sunday, whereas service members stationed on the Big Island of Hawaii will see a decrease in their paychecks, effective June 1.

Cost of Living Allowance

COLA is paid to active duty service members to offset the higher prices of goods and services in Hawaii as compared to the mainland.

For more information and to calculate your COLA, visit the Defense Travel Management Office at www.defensetravel.dod.mil/site/colaCalc.cfm.





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Army, PACOM face vast challenges in region

DAVID VERGUN Army News Service

ATLANTA — Army aviation has to adapt to emerging threats in the Asia-Pacific region, said Army Lt. Gen. Anthony Crutchfield, deputy commanding general, U.S. Pacific Command.

Crutchfield spoke at the Army Aviation Association of America-sponsored 2016 Army Aviation Mission Solution Summit, here, April 29-30.

Because of the vast distances in the region, getting to an objective can be challenging for Army helicopters. Some of those platforms are up to 50 years old, he said, and don't have the range, speed and survivability to be truly expe-

"We must have something different than we have today. It's the only way we'll be successful in this environment we have today," particularly in the Asia-Pacific region, Crutchfield said.

He pointed to the conceptual Future Vertical Lift as the type of aircraft that will meet the challenge.

Doing more with less

In spite of the shortcomings of legacy platforms, the Army is doing some innovative things in the Asia-Pacific region, Crutchfield said.

The Pacific Pathways concept makes more efficient use of its forces by taking Soldiers aboard ships and moving them from country to country for a variety of exercises, instead of just landing them in one country and then returning to the U.S, he said.

This not only extends the U.S. foot-



Attendees of the Army Aviation Association of America-sponsored 2016 Army Aviation Mission Solution Summit in Atlanta, April 29, 2016, view the large aircraft exposition area.

print in the region, it also saves money, he added.

Also, Army aviators operate with the

Navy in a joint maritime environment, and routinely land aboard their vessels,

Crutchfield explained why security in the region is so important.

Much of the world's trade moves through the South China Sea, Crutchfield said. Some \$3 trillion worth of commodities move through the Malacca Straits alone.

That trade is being threatened by China's land reclamation on South China Sea reefs and subsequent militarization, he said.

In meetings, Crutchfield said, the Chinese always point out that several other countries claim these reefs as well.

"(But) I quickly point out to them that if you look at the facts, in the last 40 years, (others) have claimed 215 acres as opposed to China's reclamation of 3,000 acres in 18 months," he said.

On Fiery Cross Reef, for instance, the Chinese built a 10,000-foot runway, long enough to land a space shuttle, he said. They also have a port there with hardened facilities. On Woody Island, China built mili-

tary facilities, and they may be militarizing Scarborough Reef, as well, which is east of Woody Island, located very close to the Philippines. China's quantity and quality of

weapons have grown alarmingly, he said. Their weapon system ranges today "begin to push us out of what we call the first island chains, Okinawa and the Philippines, to the second island chain, which is past Guam."

By 2020, China will have two carriers in the Pacific, he added.

"This is alarming to Pacific Com-

President and garrison observe Days of Remembrance

U.S. ARMY GARRISON-HAWAII **Public Affairs**

Each year, the U.S. Holocaust Memorial Museum leads the nation in recognizing the Days of Remembrance. The weeklong observance, established in 1978, pays respect to the millions of Jewish and non-Jewish victims subjected to Nazi persecution before and during World War II.

This year, Holocaust Remembrance Day is commemorated this week, May 1-8, with the national commemoration held yesterday. President Barack Obama remembered those who perished and those who survived in his Holocaust Remembrance Day message:

"On this day, we honor the memory of the millions of individuals - the mothers and daughters, fathers and sons, friends and neighbors - who lost their lives during a time of unparalleled depravity and inhumanity. We reaffirm our ongoing responsibility as citizen and as a nations to live out the admonition, 'Never Forget. Never again.'"

community heard guest speaker Rabbi — cent people and revealed the extreme — provided unforgettable stories of ex



Photo courtesy of the United States Holocaust Memorial Museum

The Holocaust was the systematic, bureaucratic, state-sponsored persecution and murder of six million Jews by the Nazi regime and its collaborators.

Airfield Chapel, Wednesday,

The genocide of the Holocaust

Itchel Krasnjansky at the Wheeler Army danger of tolerating ignorance, hate and aggression.

While the Holocaust revealed the The U.S. Army Garrison-Hawaii's claimed the lives of millions of inno- darkest side of human nature, it also

traordinary human potential in the face of unbelievable hardship. They are stories of sacrifice from those who had little to give, and of tremendous bravery in the face of unspeakable evil. It is important to remember these stories and honor those who gave so much to put an end to the senseless violence.

Days of Remembrance is a time to reflect, participate in observances and to remain forever vigilant against acts of hatred and intolerance whenever they occur.

Holocaust History

For more information about the history of the Holocaust, visit the U.S. Holocaust Memorial Museum at www.ushmm.org. The Defense Equal Opportunity Management Institute issued a news release about the Holocaust at www.deomi.org/Spe cialObservance/documents/DE OMI_Releases_2016_National_H olocaust_Days_of_Remem brance_Poster.pdf.

FINTSTEPS in FAITH

Being thankful during tribulations brings blessings

CHAPLAIN (MAJ.) ERIK SPICER U.S. Army Garrison-Hawaii

What is it that you love to do?

What is the very thing that you can't imagine going through life without

For me, it's running. I love running. Not the kind of running that happens around any Army installation between 6:30 a.m. and 7:30 a.m., but the kind that takes you on an adventure.

The kind of running that allows you to see the sunrise over some distant mountain peak or watch the moon set on the ocean. The kind of running where your desire is to see what is around the next bend or down that over grown trail. The kind of running that allows you to lose yourself for hours at a time. ... The kind of run-



months ago.

I incurred a small injury that ning I took for granted until a few stopped me from that kind of running. Now, I lumber around 2 miles at a time trying to get my legs back.

The lesson I've learned through this process is to be thankful for what you can do. I lost, temporarily, my ability to run for as long as I want, but when I think of everything else I have, running is such a minor thing.

1 Thessalonians 5:18 tells us to give thanks in all circumstances. Indeed, I do, because I am rich in the blessings that I have, from family to work and memories of many great experiences.

It is difficult for us to be thankful in hardship - that's just human nature as our emotions take over. In hardship, the greatest lessons are learned, and it is where most of our personal growth takes place.

The most difficult action during tribulation is to pause and reflect on accept the next challenge.

the lessons learned and the blessings received. Reflection provides us the opportunity to stop and look back at all the great events of our lives, as well as all the garbage, and tell God thanks for all of it. A time of reflection will reveal to us how far we have come and give us more for which to be thankful.

When we take the focus off the hardship, then we can begin the healing process and build up our endurance, and we can once again give

I may missing running down trails that make my GPS say "good luck," but I am thankful because I get to tell you about and pray that my few words will encourage you to say thanks to God for what you have and what you have been through, so that you can

Today is Military Spouse Appreciation Day, and we asked, "What are you most thankful your spouse does for you?"

'My wife is always

there for me. She has dinner ready when I get home and understands when work keeps me late.'

Staff Sgt.

Kimon Babb,

311th SC (T)



works two jobs, supports me, takes care of the kids and cooks dinner.'

"My husband

Spc. Johnna Gamboa, 311th SC (T)



"My husband frequently brings me flowers, even if they are wild

311th SC (T)

Liana Kim,

"My wife loves me for me."

By Spc. Jacob Kohrs, 311 Signal Command (Theater)



cooking."

"For my wife's

Sgt. 1st Class Marcin Lajdecki, Capt. Evaristo 311th SC (T) Rivera, 311th SC (T)



Photos by Staff Sgt. Kyle J. Richardson, U.S. Army Pacific Public Affairs

Above — Soldiers with 3rd Brigade, 7th Field Artillery, 25th Infantry Division Salute Battery, honor the in-coming and out-going USARPAC commanding generals, $\operatorname{\mathsf{Gen.}}$ Robert B. Brown and Gen. Vincent K. Brooks, with a gun salute during the change of command ceremony.

Right — Gen. Robert B. Brown (left), in-coming USARPAC commander, accepts the colors from Vice Chief of Staff of the Army, Gen. Daniel B. Allyn, Wednesday.



USARPAC welcomes Brown, bids farewell to Brooks

U.S. Army-Pacific Public Affairs

FORT SHAFTER — Gen. Robert B. Brown took command of U.S. Army-Pacific from Gen. Vincent K. Brooks in a ceremony, here, Wednesday.

Brown comes to USARPAC after serving as the commanding general at the U.S. Army Combined Arms Center at Fort Leavenworth, Kansas. During his 35 years as a commissioned officer, he has served 12 years with units focused on the Indo-Asia Pacific region, including commanding I Corps and Joint Base Lewis-McChord; deputy commander, 25th Infantry Division; commander, 1st Brigade Combat Team (Stryker), 25th ID; and executive assistant to the U.S. Pacific Command commander, and director of training and exercises at the PACOM headquarters at Camp H.M.

During his address, Brown commented on how important accomplishing the common goals and supporting the commander of U.S. PACOM is to sustain the momentum in the rebalance to the Pacific

"We will carry on the hard work that's been done and will advance the culture of innovation in U.S. Army Pacific that has been established. We will pursue positive and persistent engagements with regional friends and partners. We will strengthen our alliances and continuously renew our commitment to peace and stability in the region, and perhaps most importantly ensuring the readiness of our Soldiers to fight anywhere as

needed in the world and of course in the Pacific area of responsibility."

Brooks, who commanded USARPAC for almost three years, took command on July 2, 2013, marking the elevation of the command to a "four star" general for the first time since 1974.

Adm. Harry B. Harris, commander, PACOM, bid farewell to Brooks and aloha to Brown.

"Today, we bid fair winds and following seas to a great Soldier and a great leader in Gen. Vince Brooks," Harris said. "But, at the same time, we are welcoming a worthy successor, Gen. Bob Brown, another tremendous leader to the crucible of theater command."

Harris reminisced about Brook's contributions to PACOM, recalling how Brook's knowledge of tactical and operational and policy experience gave him the expertise to create Pacific Pathways, which is enabling change in the complex environment in the Indo-Asian Pacific region.

'He had a vision of leveraging rotational Army units, helicopter deployments and existing exercises to advance critical partnerships, increase responsiveness and actually improve readiness," Harris said. "In this theater, where 'fight tonight' is not a slogan but a way of life, Pacific Pathways is making a difference."

Gen. Daniel B. Allyn, vice chief of staff of the Army, explained how leadership innovation flourished under Brooks' tutelage.

"(Brooks provided) vital support to the PA-



Photo by Staff Sgt. Christopher McCullough, U.S. Army Pacific Public Affairs

From right, Gen. Robert B. Brown, Vice Chief of Staff of the Army Gen. Daniel B. Allyn, and Gen. Vincent K. Brooks, salute during the national anthem, May 4.

COM team as the theater joint force land component command and (integrated) almost 30,000 additional Army forces assigned or allocated to PACOM," Allyn said.

Allyn illustrated how innovative the Pacific Pathways program has become and how it's more than its original vision entailed.

"Pacific Pathways increases our understand- on relationships throughout the Pacific.

ing of a complex area of operations, creates opportunities to rehearse core missions, strengthens relationships with friends and allies and raises the level of Army readiness at every echelon,"

Allyn instructed Brown to remain vigilant, ensure U.S. forces are ready, and continue to expand

Hawaii National Guard counterdrug warrior serves with his heart

Story and photo by MASTER SGT. BETTY SQUATRITO-MARTIN Army News Service

HONOLULU — Citizen Soldier, a term bandied about by many, understood by few and lived by even fewer. What does it mean?

Sure, it's someone who serves in the National Guard, but what does that mean?

Yes, it's someone who serves once a month and two weeks a year, but serving doesn't end there. A Citizen Soldier not only puts the uniform on to defend the country in times of war, he or she serves the community in which he or she lives.

But a Guard member's service doesn't begin or end with a disaster or a special event. A Citizen Soldier responds to his community's needs, whatever they may be, whether ordered by a commander or ordered by his or her heart.

Staff Sgt. Landen Dela Cruz, Hawaii National Guard Counterdrug Program (CDP), is one such Soldier. As a teen, he found himself among a group of at-risk teens. Before he could find his way to real trouble, he found himself in the Kokua Ohana Aloha (KOA), a program that gives young people who have committed status offenses a second chance.

These youth walk away with a clean slate if



Dela Cruz

they, along with their parents/guardian, complete the two-session program. Through this program, Dela Cruz corrected his behavior. Eventually, he would enlist into the Hawaii National Guard, where he landed a job with the CDP.

Ironically, he found himself on the other side of the table at the KOA program.

'Things I experienced growing up in Hawaii told me it would be important to help mentor, to teach the next generation," Dela Cruz said. "I wish when I was at that age, I had been given the opportunity to learn to be a better role model to my siblings and to better bond with my parents."

due to budgetary limitations. The tie between the CDP and KOA was also severed.

"Just because KOA was no longer being funded through Counterdrug doesn't mean the help had to stop," Dela Cruz said.

Since he has left the CDP, Dela Cruz has worked as a prevention specialist and a corrections officer while maintaining his Guard status. He has never stopped volunteering with KOA and continues to do so to this day.

"While I was coaching football, I noticed kids needed a different direction. Sports was good, but it wasn't everything," Dela Cruz said. "The kids needed someone they could relate to. They needed someone who wasn't necessarily book smart, but rather street smart. They needed a street smart mentor and that was me, so I just know I have to

continue to volunteer with KOA.

"To see the bridge being built between a father and a son, or to see the opening of an avenue of communication between parents and their kids reminds me that what we did for KOA wasn't for nothing," Dela Cruz said.

Recently, Dela Cruz found his way back to the

"We're fortunate to have him back," said Air Dela Cruz's stint with the CDP was short-lived Force Master Sgt. Priscilla "Maka" Caluya, operations manager, CDP. "His 'I can do' attitude is contagious and motivating to the entire team."

Dela Cruz will serve in ground reconnaissance, a far cry from his role in civil operations/community support. It's a new role, but his desire to support Hawaii's youth is not new and has not been changed by the dissolution of the KOA CDP relationship. As noted, KOA is in his blood.

Dela Cruz has learned that being part of any family comes with responsibility. In the Guard, it's called being a Citizen Soldier, a person who serves his community whatever it may need, whether ordered by a commander or ordered by

"I enjoy it. I feel good knowing that helping these 'at risk' kids is good for the community,' Dela Cruz said.

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Intel troops of 500th MI Bde. name best warriors

Story and photo by STAFF SGT. THOMAS G. COLLINS 500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — The 715th Military Intelligence Battalion's Staff Sgt. Andrew P. Crump and Spc. Brandon M. Roy captured top honors in the noncommissioned officer and junior Soldier categories during the 2016 500th MI Brigade Best Warrior Competition.

Command Sgt. Maj. Brian S. Cullen, 500th MI Bde. senior enlisted adviser, unveiled the brigade's best warriors during a ceremony held the afternoon of April 29.

The demanding weeklong competition not only established some bragging rights, but also determined who will represent the brigade at the Intelligence and Security Command (INSCOM) Regional Best Warrior Competition slated for June.

Crump, a native of Kansas City, Kan., who serves as a signals intelligence analyst with Company A, and Roy, a Spencer, Mass. native, signals intelligence analyst, Co. C, stood out among the others as the competition unfolded. "This was a hard week for the Soldiers," Cullen

said. "I wanted to test the competitor's knowledge and ability to operate under stress and deal with the unknown.

Roy, who has been in the Army just shy of two years, said that competing motivates him.

"I love competition," Roy said. "This is a way to stand out, gain amazing experience and build confidence.

Both competitors worked hard to win the competition.

"I enjoy the challenge." Crump said. "I studied hard and I have a strong work ethic. I've had solid leaders throughout my career who taught me how to prepare for challenges."

As the last day of the competition started, it was still anyone's game. "Hard work pays off," Roy said. "I have amazing leadership, and

Staff Sgt. Crump and I worked together preparing for the



Staff Sgt. Andrew P. Crump, signals intelligence analyst, Co. A, 715th MI Bn., throws a grenade as part of a simulated training lane during the 500th MI Bde. BWC, April 27.

The competition was tight throughout the week.

"I'm confident these two Soldiers will go on to win at the IN-SCOM competition, National Capital Region competition, and represent the brigade at the Department of the Army level," Cullen

The best warriors are enthusiastic about the challenges ahead. "I am very excited to represent my command," Roy said. "I am proud of what I have done, but I'm not done yet."

This will be a good challenge and opportunity to test himself,

The Best Warrior Competition

The 500th MI BWC included a physical fitness test, a written test on general military knowledge, an essay with the topic "What does leadership mean to you," a 20 km ruck march, simulated training lanes that tested the competitor's knowledge of Army warrior tasks, weapons disassembly and assembly, day and night land navigation, weapons qualification and stress shooting, and a board.

130th Eng. Bde. warriors compete for Soldier, NCO of the Year

130TH ENGINEER BRIGADE **PUBLIC AFFAIRS**

8th Theater Sustainment Command

SCHOFIELD BARRACKS — Six noncommissioned officers and eight Soldiers from the 130th Engineer Brigade competed in a Best Warrior Competition, here, April 18-22.

At the results of the contest, Sgt. Joshua Cipolla and Spc. Sarah Carnello will go on to compete at the 8th Theater Sustainment's BWC in May.

"The great thing about the Best Warrior Competition is it's the rare time when Soldiers and noncommissioned officers have the opportunity to compete against their peers, giving them a real assessment of how they stack up against the best," said Sgt. Maj. James Shuman, NCO in charge, S3, 130th Eng. Bde.

The grueling five-day competition was kickedoff by a 100-question test that challenged basic military knowledge, like military history, land navigation and the Uniform Code of Military

Day two of the competition started early, with a 4:30 a.m. wakeup and an Army Physical Fitness Test to get the day rolling. From there, things would not slow down. Throughout the day, both the NCOs and junior enlisted would be tested on their land navigation abilities in urban and jungle-like environments. They would also tested



Photo by Staff Sgt. John C. Garver, 8th Theater Sustainment Command

Spc. Ann Marie Garman flips a heavy tractor tire end over end as she competes in a stress shoot during the 130th Eng. Bde., BWC.

on maintaining their professionalism and military said Pvt. 1st Class Chelsey Palmer, 8th Special bearing when they appeared before the com- Troops Battalion. mand sergeants major board.

Creed, you are making a promise to your country their ability to negotiate from one obstacle to anthat you will guard the American way of life."

Day three was perhaps the longest day of the "As a Soldier, when you recite the Soldiers competition. The competitors were tested on

other, and qualify with an M-4 carbine and M-9

The BWC challenged Carnello to be the best Soldier and warrior she could be. "(The BWC) provided me with accelerated experience and knowledge to become the highest

pistol. They then moved into a stress shoot, where

competitors had to run a quarter-mile uphill, flip a tire for 25 meters, carry two 5-gallon water cans

in a zigzag manner for 50 feet, low-crawl for 25

meters, and then run to the firing line. They were

then tested on their ability to accurately place

two controlled rounds into designated targets. With day three getting late into the evening, the

competitors were shuttled off to a "mystery event," where they were tested on their abilities in com-

batives, room clearing, memorization, weapons

reassembly and proper wear and appearance of

quality of a leader in today's Army," Carnello After three days of physically and mentally exhausting challenges, the competitors moved into

day four with only one obstacle standing between them and the finish line -they had to successfully complete a 12-mile march with a 35 pound rucksack within four hours.

Although exhausted, the excitement to finish and a sense of victory helped the competitors finish their ruck march well under the allotted amount of time.



Dragon MTT intel troops go ballistic at Balikatan 2016

MAJ. TROY FREY 94th Army Air and Missile Defense Command **Public Affairs**

FORT MAGSAYSAY, Philippines — The 94th Army Air and Missile Defense Command participated in Balikatan for the first time by sending a team of five Soldiers to teach the fundamentals of air defense to the Philippine army, March 31-April 15.

Even though the 94th AAMDC is participating in Balikatan for the first time, it will not be the first

time some of the Soldiers are visiting the U.S. Army," Deleon shared.

Maj. Robert Deleon, intelligence operations officer, is from Legazpi City, Bicol, and his assistant instructor, Staff Sgt. Paul Buo, intelligence analyst, is from Makati.

"It was an honor and privilege to be able to return to my native country and help train and mentor the Philippine army with the knowledge and experience I have gained while serving in the

The mobile training team (MTT) provided instruction in air defense and air intelligence preparation of the battlespace, basic air defense operations and air defense data links.

"This training was critical to providing the Philippine army with a basic level of knowledge and understanding of the vast array of U.S. air defense weapon systems, and how they are employed for layered defense in different scenarios,

such as regional and homeland defense," explained Chief Warrant Officer 3 Heather Sheltrown, communications command and control systems integrator.

The Philippine army activated the 1st Air Defense Artillery Battery during a ceremony, here, April 4. The newly formed battery provided 25 Filipino soldiers for the air defense training.

(Editor's note: Read the full story and meet the MMT at www.HawaiiArmyWeekly.com.)

From Guard to 25th CAB, Apaches arrive on Oahu

SGT. DANIEL K. JOHNSON

25th Combat Aviation Brigade Public Affairs 25th Infantry Division

WHEELER ARMY AIRFIELD — The Soldiers of 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, received their AH-64D Apache Longbow Attack Helicopters last week from National Guard units across the country.

The airframes are being transferred from the National Guard to the active duty Army as part of the Aviation Restructure Initiative in an effort to cut costs in Army Aviation and to fill the mission capability gap left by the retirement of the OH-58D Kiowa Reconnaissance Helicopter.

"The Apaches will primarily be used as a reconnaissance platform," said Maj. Ian H. Benson, Operations officer, 2-6th Cav. Regt. "However, with the inherent firepower of the aircraft, Apaches will serve as a combat multiplier to any supported ground force commander."

The Apache provides greater lethality and accuracy with the increased firepower that it provides, said Maj. Jacob Johnston, executive officer, 2-6 Cav. Regt.

"Additionally, the sensor package on the AH-64D provides greatly enhanced optically clarity and subsequently better situational awareness for



A flight of four AH-64D Apaches from 2nd-6th Cav. Regt., 25th CAB, approach WAAF, April 24, to land for the first time since being reassigned.

the aircrews and the ground force commander,"

The squadron received 24 airframes and will increase its operational abilities by adding eight RQ-7B Shadow v2 unmanned aerial vehicles to

compliment the abilities of the Apache.

"The Apache is capable of deploying with a single nose mounted 30 mm M230E1 chain gun, AGM-114 Hellfire anti-tank missiles, and Hydra 70 general-purpose unguided 70 mm rockets,"

Johnston said. "These weapon systems, combined with the target acquisition data system and the fire control radar, make the Apache an extremely adept fighter."

The Apache increases the lethality and the capability of the squadron to support ground elements within the 25th Infantry Division," Benson

Planning for the aircraft transfer and replacement of the Kiowa took more than a year. As of April 27, however, training for 2-6th Cav. has

'We train to crew, team, platoon and troop levels of gunnery proficiency," Johnston said. "We project we will be fully mission capable by summer 2017. However, we expect we will be able to support live-fire exercises with supported ground units as early as October 2016."

The ability to train on Oahu with infantry on the ground in live-fire exercises helps to ensure that 25th ID Soldiers and the pilots above are capable of working hand-in-hand in the event of a contingency mission in the Pacific.

'We are able to train with the 30 mm chaingun and 70 mm rockets here on the island," said Johnston. "This capability will ensure we're ready to fight with a trained and prepared force throughout the Pacific as needed.'

Various entities swiftly work AH-64D Longbow logistics to Hawaii

CAPT. HEBA BULLOCK

25th Combat Aviation Brigade Public Affairs 25th Infantry Division

WHEELER ARMY AIRFIELD — Soldiers and civilians tirelessly worked to move 24 AH-64D Apache Longbow attack helicopters from multiple National Guard units across the mainland to Honolulu from October 2015 to April 2016.

The 25th Combat Aviation Brigade, 25th Infantry Division, U.S. Army-Pacific Command, Army National Guard Bureau personnel and PASHA (a civilian shipping company) combined efforts to transfer these aircraft to active duty Army units as part of the Aviation Restructure

The restructuring is to help cut Army aviation costs and replace the mission capability of the retired OH-58D Kiowa Warrior reconnaissance helicopter.

"At the squadron level, we have been involved with the planning for about a year now," stated Maj. Jacob M. Johnston, executive officer of 2nd Squadron, 6th Cavalry Regiment."

The equipment came from nine National Guard units: Utah, Texas, North Carolina, Missouri, Arizona, Idaho, Pennsylvania and Mississippi, Johnston said.

The 25th CAB Soldiers were sent to Los Alamitos Army Airfield, Calif., to receive the aircraft and execute the logistical move to Honolulu.

"We had 48 personnel consolidate all equipment, as well as conduct inspections, property book inventories, aircraft maintenance and mobility," said 1st Lt. Eric Bowerman, assistant operations officer, 2-6th Cav. "We utilized PASHA shipping for port and shipping, as well as more than 40 additional personnel from 2-6th Cav. and 209th Aviation Support Battalion at port to receive the aircraft and prepare for vessel loading.

"Our teams, consisting of eight personnel each, utilized Apache Blade Fold Kits to attach the tail booms and secure each blade, as well as de-paneled the different sections of each aircraft and removed antennas in order to prepare the aircraft for shipment," Bowerman added.



Photo by Maj. Erica Huston, 209th Aviation Support Battalion

 ${f HONOLULU}$ — One of the 24 Apache aircraft is unloaded off a PASHA vessel by 25th Combat Aviation Brigade Soldiers, Apr. 22.

It took about an hour per aircraft to prepare them for shipment, and then they were stored below the main deck, using 70,453 square feet, to protect them from the elements and keep them secure, Bowerman explained.

"25th CAB Soldiers worked up to 24 hours

loading and unloading aircraft in both California and Hawaii, based off of the port requirements that we shipped from and arrived to," said Maj. Erica Huston, commander, Bravo Company, 209th ASB.

"This entire movement was a herculean logistical operation, involving hundreds of personnel in units from 11 different states from both the National Guard and active Army," said Maj. Jeff Paulus, executive officer, 25th CAB. "With the arrival of the 64s, the capability that now resides within the 25th CAB has greatly increased the Army's force projection capability that the 25th ID can apply to any situation that arises within the Pacific Theater.

"Additionally, the efficiency and speed of the transfer from the mainland to Hawaii has demonstrated the capability of the 25th ID and U.S. military's logistical prowess to move equipment worldwide at a moment's notice."

A-6 | MAY 6, 2016 HAWAII ARMY WEEKLY

Suicide Prevention Task Force is ready to help

Suicide Prevention Program Army Substance Abuse Program

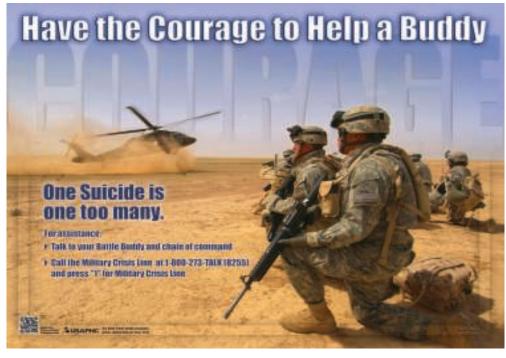
SCHOFIELD BARRACKS — The Army Substance Abuse Prevention Program developed a task force a year and a half ago to brainstorm on improving how to prevent the suicide within the military system.

The task force has at least 48 diverse all military branches members, including Veterans Affairs. It meets on a monthly basis to coordinate and collaborate with an effort for outreach in our community.

Suicide is something that could be prevented and it is not something to be ashamed of, but rather something that we can prevent together as a community.

Brent Oto, the Suicide Prevention Program manager, here, is also a trainer. He has trained service members, families and veterans in suicide prevention classes, such as Applied Suicide Intervention Skills Training, or ASIST, and Ask-Care-Escort Suicide Intervention, or ACE-SI.

For the month of April, he brought-in consultants, such as the Purple Star Program honoring active duty, veterans and their families, a program that helps veterans and families struggling to transition in military or civilian life. As well, he hosted Corretta Doctor, a suicide survivor. Both



guests of speakers conveyed their experiences; the hope is that their stories will help others affected with suicide ideation.

Soldiers with post-traumatic stress disorder or trauma do not have to feel alone. There are resources, help and support that can be

The goal and purpose of the Suicide Preven-

tion Task Force is to ensure that the military and local community are provided with information, education and awareness that there are resources that individuals and their families can reach out to if crises arise.

(Editor's note: ASAP is part of the Directorate of Human Resources, U.S. Army Garrison-Hawaii.)

Facts and Resources

According to the Centers for Disease Control, in our society, suicide is the third leading cause of death among youth ages

Among 10-24 year olds across the U.S., 157,000 youth receive medical care for selfinflicted injuries at an emergency room.

The CDC also reports that 16 percent of high school students claim they have thought about committing suicide and around 8 percent of them say that they have tried killing themselves at least once. If you have questions, if you want to talk

with an adolescent counselor, if you want to learn about adolescent trends and strategies to prevent risks, or if you want to access support, call the Adolescent Substance Abuse Counseling Service, or ASACS at

The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) is available 24/7 for concerned parents, community members and teens in suicide crisis or emotional distress. For more information about suicide prevention, here, call 655-9105.

An online chat option is available at www.suicidepreventionlifeline.org/ GetHelp/LifelineChat.aspx.



Send announcements for Soldiers and civilian employees to news@ hawaiiarmyweekly.com

Today

Editor's tip — For easier surfing, visit www.HawaiiArmy Weekly.com to click on links.



Military Spouse Appreciation Day — The "Hawaii Army Weekly" thanks all of the USAG-HI community military spouses for being force multipliers on behalf of their Soldiers. Mahalo!

Flying V — The "One Team" ohana will say "a hui kaua" this morning to U.S. Army-Pacific's out-going chief of staff, Maj. Gen. Christopher P. Hughes, and deputy commanding general-South, Maj. Gen. Todd B. Mc-Caffrey, on Fort Shafter at 10 a.m. Flying V ceremony. Please arrive by 9:40 a.m. Call 437-5862 or follow the event on the official US-ARPAC Facebook and Flickr pages at www.facebook.com/ USARPAC, andwww.flickr.com/ photos/usarpac/.

Virus — The Army Public Health Center has compiled information about the spread of the Zika virus.

To learn more about Zika,



visit https://phc.amedd.army. mil/topics/discond/diseases/ Pages/Zika.aspx.

Got AG? — Adjutant General Week (May 6-12) begins, today, ending with the Adjutant General Corps' 241st anniversary celebration ball in Waikiki, May 13. Email agcraalohachapter@gmail.com for tickets or visit the "Aloha Chapter AGCRA" Facebook page to learn about more events.

Sponsorship — Are you about to make a permanent change of station, or PCS move? Have you just arrived in Hawaii? Do you have a sponsor? Did you know that all active component Soldiers in the ranks of colonel down to private are required to have a sponsor? Call 655-1974 or visit https://actnow.army.mil to learn more.

Vets — The U.S. Dept. of Labor has a couple of helpful blogs, in English and Spanish, posted by the assistant Secretary of Labor for Veterans' Employment and Training. Visit https://blog. dol. gov/2016/05/02/veterans-

employment-resources-at-yourfingertips/ and https://blog.dol. gov/2016/05/03/a-smart-firststep-for-veterans/.

ASAP Policy Change -The 4-5 percent weekly random drug testing requirement, as specified in Army Regulation 600-85, has been rescinded and replaced with 10 percent monthly random testing, per Army Directive 2016-15 (Change in the Army's Random Deterrence Drug Testing Program, 22 APR 16).

The primary method for selection remains "inspectionrandom" code. Units will monitor who has been randomly tested, and those Soldiers who have not had a random urinalysis during the first three quarters of the fiscal year will be tested in the fourth quarter using the "inspection-other" test basis code. Call the Army Substance Abuse Program at 655-4470.

VA Life — The VA's Life Insurance Program received a strong customer satisfaction score of 81 on a scale of 100 from the American Customer Satis-

begins at 5 p.m., and the Army has the lead for this event. Come celebrate Military Appreciation Month with the community.

June 10 / Friday

Happy Birthday Army -The U.S. Army-Pacific will celebrate the 241st Army Birthday at Hilton Hawaii Village, June 10th. Military should wear dress blues or mess, and civilians should wear formal evening attire. Call 438-6361 for more details.

13 / Monday

USS Arizona — From today through June 26, the dock for the USS Arizona Memorial will be dismantled, removed and replaced. Visitors will not be able to disembark onto the USS Arizona Memorial during this time, although a boat ride to observe the memorial will still be available. All other visitor services remain unchanged.

Visit facebook.com/Val orNPS and www.nps.gov/valr.



faction Index, an independent survey that scores customer satisfaction for more than 300 private companies and federal and local government agencies. Visit www.va.gov/opa/pressrel/ pressrelease.cfm?id=2783

7 / Saturday

Silkies Hike — Silkies are a type of PT shorts worn by Marines. Wear your PT shorts and march a 22 km hike with a 22 kg (48.5 lbs) rucksack to help prevent veteran suicide. Visit www.facebook.com/events/4695 62703239179/ for details.

Sounds of Freedom — Artillery and mortar training take place this week. Depending on atmospheric conditions, the sounds may be heard in the surrounding communities.

AT Exercise — The Soldier Readiness Processing site at Conroy Bowl, Schofield Barracks, will conduct an antiterrorism/force protection exercise this afternoon. Staff may be seen evacuating the area, but there is no danger to the community nor any need to report these incidents it's only an exercise.

21 / Saturday

MAC Joint Concert — The bands of the 25th ID, Marine Corps Forces, Pacific and the U.S. Pacific Fleet will perform in the annual Military Appreciation Combined Concert at Hawaii Theatre Center. The reception



Today

11 / Wednesday

AMR Power — Aliamanu Military Reservation will have a power outage affecting the shoppette, gas station, Domino's and Burger King, 5-6 a.m., to support work to limit the number of outages during cutovers associated replacing overhead electrical lines.

13 / Friday

Kubo Completion — Intermittent weekday road closures, from Fort Shafter's Bldg. T-126 to the intersection of Kubo and Funston Road at Bldg. 12, are scheduled to conclude today.

14 / Saturday



Power Out The following areas on power outage, 7

a.m.-3:30 p.m., that will affect Akolea Point Housing, the motor pool and areas between McMahon and Menoher on Sutton, Capron and Reily

At the same time, Wheeler and the WiliWili Housing Area will also experience an outage.

16 / Monday Phase One — Overhead

electrical power lines on Schofield Barracks will be replaced, and as a result of construction, various roads will be reduced to one lane of traffic at each power pole location being worked on for that day. Some roads will be closed.

Sutton Avenue, Tidball Road, McCornack Road, Mc-Nair Gate and Leilehua Avenue will be affected.

Phase Two, McNair Gate and McCornack Road, begins May 30.

Warhawk Street — There will be a full road closure at Wheeler Army Airfield's Warhawk Street, between Santos Dumont and Wright Avenue, from today until May 23, to repave the road. Robins Road and Nakamine Street will be the alternate routes. The parking lot for Bldg. 844 will only be accessible from Nakamine Street. There will be intermittent lane closures on the westbound lane of Santos Dumont and the eastbound Schofield Bar- lane of Wright (near restricted to one-lane access racks will see a Warhawk), 9 a.m.-3 p.m., until from today until June 23.

> Wisser Road — There will be intermittent road and parking lot closures at Shafter's Wisser Road (near Richardson

Theater), weekdays, 8:30 a.m.-5:30 p.m., until Sept. 2. for the installation of a new water main line. Wisser will be closed between Funston Road and Bonney Loop for until June 24. Intermittent closures will follow from June 27 to Sept. 2.

The intersections of Strong and Pierce streets will be restricted to local traffic only. Richardson Theater and the adjacent parking lots will remain accessible by means of Casey Street. Westbound traffic on Wisser Road heading to-



wards Funston Road will be detoured through Bonney Loop. Eastbound traffic from Funston Road, heading towards the Exchange and Patch Gate, will be detoured through the west end of Bonney.

19 / Thursday

Lane Closure — There will be a lane closure on Schofield's Sargent Street, next to Bldg. 690, for water main excavation. Sargent will be During all Phase I (May 19-June 2) construction, the contractor will have all appropriate signs and barriers for closing each side of roadway.

Burning up the track throws biker

SGT. 1ST CLASS FREDERICK MCMULLEN Army News Service

FORT RUCKER, Ala. — The road flashed by, seemingly just inches away from my shoulder as I rounded the sharp corner on my trusty

I envisioned the road ahead of me, eager to get on the long, straight stretch and really open up and let the engine sing. I'd been down this road before and knew there wouldn't be any police.

As I exited the corner, I hurriedly worked my way up through the gears. A quick glance at my speedometer showed 130 mph.

I knew there was a slight right-hand bend about three-quarters of the way down the stretch, but I held the throttle all the way open. As I tried to spot the curve ahead, I entered the right-hand bend and felt a strange sensation. I was so focused on the curve that I didn't realize my bike was telling me my rear tire had lost traction and was sliding to the left.

For the next 20 seconds, my life hung in the balance. My rear tire suddenly regained traction, violently snapping the rear of my motorcycle to its original position and throwing me over the handle-

I've heard people say they saw their life flash before their eyes during a near-death experience, but that's not what happened to me. I saw the pavement and knew it would chew up my skin like a grinder.

I thought, "Is this really happening to me?"

The next few moments were a blur. I seemed to slide forever until I hit the grass beside the road and began tumbling. I heard metal scraping as my bike skidded across the pavement - my handlebars

taking the brunt of the damage. My bike then slid onto the grass and started tumbling.

I heard the sound of plastic parts being ripped off my motorcycle. It was the sound of my bike

The green grass and blue sky kept changing places as I tumbled. When I stopped, I was on my back, looking at a beautiful sky. Everything was quiet and I was afraid to move.

Knowing that adrenaline can sometimes mask injuries, I laid still for a bit, waiting for the pain to start. You don't just fall off your motorcycle at 130 mph and not get seriously injured, right?

But the pain never came. I slowly raised my head and looked toward my feet. Everything looked intact. I saw something in my peripheral vision - an ambulance headed toward me.

The emergency medical technicians arrived and began checking me out. After 15 minutes of "Does this hurt?" and not finding anything, I got up and walked away. That might seem impossible, except for the fact I was attending a rider improvement course at the Virginia International Raceway. If I had to crash at high speed, this was the place to do it.

Why was I at the raceway?

So how did I end up at the raceway? Seeing the growing number of motorcycle fatalities forced me to rethink not only how I was riding, but also where I was riding. Knowing how dangerous public streets can be, I decided to get my bike on a real track. There I could ride as fast as I wanted, in relative safety, and not have to worry about the police.

I eventually found a company at the raceway that would allow me to put my bike on the track. All I had to do was pay to take a rider enhancement course and the track was mine. Initially, I thought of this as an opportunity to showcase my "incredible" motorcycle-riding skills. Little did I know that the professionals teaching this course would train me to ride in ways I could only dream of and do it in a safe, controlled environ-

I spent the day between classroom time and track practice. On the track, there was an instructor for every four riders. Instead of trying to see how fast I could go, my instructor's goal was to teach me how to safely get the most out of my bike.

After returning home, I began using the skills I had learned from the course on the street. I quit riding aggressively, treating every corner as a challenge and every straightaway as a drag strip.

Once you've ridden on the track, you understand the dangers of public streets. On the track, I knew what was around the next corner. I knew I didn't have to worry about debris, cars, animals, people backing out of their driveways and other dangerous unknowns. On the street, you're rolling the dice every time you zip through a blind corner.

It was then that it hit me how overrating my

skills could've set me up for an accident. I'd blown off motorcycle safety briefings because I thought I was a good rider. My attitude was, "This brief isn't for me. It's for those guys and gals who can't ride.'

Little did I realize those briefings were directed at my high-risk riding style. Riding with a professional instructor showed me the difference between the skills I thought I had and the ones I needed to avoid becoming a fatality statistic. That got through to me.

I did become a statistic, but not as a fatality.

My personal protective equipment shows the battle scars, but my body doesn't. My bike was a total loss, but I wasn't.



8th TSC hosts SHARP expo to recognize 'Denim Day'

SGT. ION HEINRICH

8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 8th Theater Sustainment Command hosted a Sexual Harassment/Assault Response and Prevention Expo, April 27, at Hamilton Field, here.

The SHARP Expo was held in honor of Denim Dav. a day observed on the last Wednesday of April that encourages people to wear denim in order to raise awareness of sexual assault.

"In 1989, there was a young lady in Italy, and she was doing drivers training and her instructor took her down a narrow road and assaulted her," said Sgt. 1st Class Helena Taylor, the SHARP noncommissioned officer in charge with 8th TSC and the U.S. Army-Pacific SHARP manager and trainer. "When the Italian tribunal found this information

out, they said there was no way she could have been sexually assaulted because she was wearing denim jeans, and they were tight."

The expo featured booths from different agencies that deal with sexual assault and also some that help aid Soldiers after their service has ended.

'The SHARP Expo is a venue where all of our units and personnel that help clients of victims of sexual assault can come together in one area and answer any questions commanders and leaders in formations have about the SHARP program," Taylor said.

Some of the agencies that attended the expo were cosmetic products company Mary Kay, the garrison Sexual Assault Response coordinator, Equal Opportunity, the Inspector General, the Criminal Investigation Division, Oahu Veterans Center, the Sexual Abuse Trauma Center and

sexual assault nurse examiners.

"IG and SHARP work hand-in-hand," said Sgt. 1st Class Eric Moore, the inspector general NCO for 8th TSC. "Basically, if a complainant feels that they are being retaliated against or there's reprisal for making a sexual harassment or sexual assault complaint, then we would be the appropriate agency to provide feedback and help that individual with stopping the retaliation or the reprisal.

"The reason why there are so many is because, from every entity, we want to show support from the time that someone is sexually assaulted all the way to the end," Taylor said.

She added she hopes the expo will help raise awareness of sexual harassment and assault.

"I hope that everybody understands that SHARP is real, that sexual harassment and assault is happening in our formation and that victims need to

be treated with dignity and respect," Moore said. "If they make a complaint or file an assault claim, there should be no worry about reprisal or retaliation."

The USARHAW SHARP Team is here for you, 24/7. If you or someone you know needs assistance in reporting a sexual assault, call these numbers:

- •USARHAW SHARP Hotline at 655-9474.
- The DOD Safe Helpline at 877-995-5247.



Stay SHARP and Take a Stand!



TAMC patients express themselves through art

Story and photos by WILLIAM SALLETTE

Tripler Army Medical Center Public Affairs

HONOLULU — The 10th annual Oncology on Canvas event was held at Tripler Army Medical Center, here, April 22-23, and more than 300 patients, survivors, volunteers and family members showed up for the event.

The annual event gives patients, survivors and their family members the opportunity to use art to express their personal cancer journey and reflect on their own experiences.

More than 450 paintings were created during the event, and the artwork is now being presented at the Honolulu Hale through May 22 and then will be displayed at TAMC in the 10th floor conference room until July 2.

"Cancer affects more than just the person diagnosed. It affects everyone around that person," said Dr. Patricia Nishimoto, Oncology clinical nurse specialist at TAMC. "This is a time where there are no needles and no chemotherapy, but a time where we get to sit with patients and hear their dreams, their life stories and allow us to be truly present with them."

Created 2007

The program began in 2007 after two nurses from Hawaii attended the National Oncology Nursing Society Conference and got to see art created by cancer survivors. Each art piece had a short story next to it, about how the artwork reflected their personal cancer journey, and the nurses knew they had to bring this opportunity to Hawaii.

"The first year at Tripler, we had 33 participants, and last year, we had over 330 participants," Nishimoto said. "The ability of art-making to convey both figurative content and feelings opens up communication between partners and their children, between individuals and the larger community."

Although the event was initiated by oncology nurses, it has grown to be truly interdisciplinary with staff from almost every section of the hospital volunteering to help, including social work, psychology, child life, pharmacy, physicians and students from all disciplines.

"Each year, I am amazed at the impact it has on participants and even the volunteers who attend," Nishimoto said. "Many times, the nursing student volunteers who participate in the event, decide that they want to specialize in oncology nursing."

Although the event is about painting and expressing one's self in an art form, many family members noted something else that was present at the event.

"They care a lot, and they care about every aspect of you, not just your cancer," said Mary Ormond, TAMC Oncology patient. "This team has made me realize that this is not the end of the world, but just the start of a whole new chapter of my life. It's time to start living for now and not for tomorrow."

Right — A patient writes up a synopsis of her painting at the 10th annual Oncology on Canvas event April 22 at Tripler Army Medical Center. Participants were asked to write a synopsis on their painting to explain what they may have been feeling or what their painting represented. More than 300 patients, staff members and volunteers participated in the event.







A father and daughter share time together on a painting at the 10th annual Oncology on Canvas event at TAMC.

Services

worship

Additional religious services,

tion can be found at

FD:

PH:

SC:

HMR:

children's programs, education-

al services and contact informa-

www.garrison.hawaii.army.mil.

Office" under the "Directorates

Fort DeRussy Chapel

Helemano Chapel

Main Post Chapel,

Schofield Barracks

Pearl Harbor

Soldiers' Chapel,

Schofield Barracks

Aloha Jewish Chapel,

(Click on "Religious Support

and Support Staff" menu.)

AMR: Aliamanu Chapel



Briefs **Today**

Command Scramble Golf — Monthly event cost is \$50 per player, and price includes green/cart fee, free driving range balls, door prizes, flight prizes, pupus and two Mulligans per player. Contact Leilehua Golf Course at 655-4653 to register.

Registration will also be held on the day of the event, unless the event is already sold out. Another upcoming scramble date is June 3 at Leilehua Golf Course, 199 Leilehua Road, Wahiawa.

7 / Saturday

Color Run — Join MWR at HMR for the 2nd Annual Strong B.A.N.D.S. 4-mile Color Run at 8 a.m. at the HMR Fitness Center. It's open to all military ID cardholders with registration at any USAG-Hawaii MWR PFC. Call 655-8789.

Story Walk — Enjoy reading a story while getting fresh air and exercise. The story will be "Miss Fox's Class Shapes Up" by Eileen Spinelli. Begins at 8 a.m. at HMR PFC, in conjunction with the Color Run. Call 655-

Intro Mountain Biking — Outdoor Recreation will help expand your biking abilities on this beginner mountain biking adventure to Kaena Point. You may even get a chance to spot some seals, turtles, whales or the spectacular Laysan albatross.

Bring water, a snack and clothes. All transportation (up to 12 people), instruction and equipment are provided, 8:30 a.m.-12:30 p.m., at a cost of \$20 per person. Reservations required. Call 655-0143.

Parents Night Out — Enjoy a night out, knowing your child/children are safe. From 6-11 p.m., you can drop your children off at AMR child development center, Bldg. 1783, and AMR school-age center, Bldg. 1472. Reservations will be accepted on a first-come, first-served basis at the Parent Central Services Office at AMR (833-5393) or SB (655-5314).

To enroll in Parents Night Out, children must have registered with CYS Services no later than May 4.

Community

Send announcements

a week prior to publication to

6 / Friday

HMAM — Hawaii Gov. David Ige

will officially recognize May 2016 as

"Hawaii Military Appreciation

our Hawaii-based military.

Month." For the last three years,

the Military Affairs Council (MAC)

has coordinated this event with the

governor's office to kickoff a monthlong series of MAC events to honor

Honolulu First Friday — Come

to see the main events between 5 and

9 p.m., and stay for the late night par-

ty at some of the trendiest, most popular spots in Honolulu every first Fri-

day of every month. Stop by unique galleries, boutiques, cafes and

restaurants that feature exciting art

www.firstfridayhawaii.com.

Hawaii State Volleyball

Championships — Final round

competition for this HHSAA boys

at the Blaisdell Arena. Four-time

47th annual event begins at 11 a.m.

champion and national power Puna-

hou is the favorite to play for the Division 1 championship match that is

exhibits and free entertainment. Visit

Calendar

BOWLING SPECIALS

FORT SHAFTER BUWLING CENTER

May Specials!





May B, 2016 1:00 p.m. - 9:30 p.m. Moms join us this Mother's Day, and bowl up to 3 free games!*



Military Appreciation Month Special

Active Duty Service Members and their Dependents bowl FREE in the month of May!

One free game and shoe rental per day.*

"Provided lanes are available. Cannot be used for reservation or combined with other abecials or offers.

Artwork courtesy of MWR

8 / Sunday

Mother's Day Brunch — Celebrate mom with this annual tradition at the SB Nehelani from 10 a.m.-1 p.m. or FS Hale Ikena from 9 a.m.-1 p.m. Call the SB Nehelani at 655-0660 or 655-4466; call the FS Hale Ikena at 438-1974. Reservations are highly encouraged.

Mother's Day Bowling Specials — Contact FS Bowling Center at 438-6733 or SB Bowling Center at 655-0573 for specific details.

Pottery, Quilting and Sewing – Join Arts & Crafts every Sunday at 11 a.m. and create beautiful works of art. Visit the center at 919 Humphreys Road, Bldg. 572. Call 655-4202.

9 / Monday

Instructor Training Course Connect with other military spouses and develop new skills. AFTB is looking for energetic volunteers to teach military spouses about military life, cultivating personal development and leadership skills. Sign up today for the weeklong AFTB instructors training course, 9 a.m.-1:30 p.m. Call 655-

Play Mornings at HMR Chapel — Meet other moms and dads, share information and parenting tips, and give your child a chance to interact with other children in a safe, structured environment, 10-11 a.m. To register, call 655-4227.

10 / Tuesday

10 Steps to a Federal Job — Need help with your federal resume? Not sure how the federal job process works? Learn about spousal preference and the Priority Placement Program for

Join 10 Steps from 9 a.m.-noon at SB ACS. Call 655-4227.

Mexican Cuisine Lunch Buffet - Tuesday buffet, 11 a.m.-1 p.m., at FS

Hale Ikena. Features beef tacos w/fixings, chicken fajitas, Spanish rice, refried beans, buttered corn soup and salad for \$10.95. Call 438-1974.

SKIES Unlimited School of Art

— Has your child always wanted to learn to play the guitar, drums or keyboard? SB classes are offered Tuesdays; AMR SKIES Studios classes are 3 p.m., Wednesdays.

Open to CYS Services registered children ages 7-18 at \$55 per month. Call 655-9818.

Taco Tuesday — Every Tuesday night, SB Kolekole Bar & Grill features three tacos, rice and beans dinner for only \$4.99 at 1249 Kolekole Ave. Call 655-4466.

Infant Massage Series — This five-week course on infant massage teaches the power of touch in bonding with your baby, as well as the benefits of massage in circulation, digestion and emotional well-being, Tuesday evenings in May, from 6-7 p.m. Call the New Parent Support Program at 655-4227.

11 / Wednesday

BOSS Meetings — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

- North meetings are held at SB Tropics, every 1st and 3rd Wednesday, at 3 p.m.
- South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday of the month, at 10

BOSS is waiting for your call at 655-1130.

12 / Thursday

Community Readiness Expo – New to Hawaii? The USARHAW Community Readiness Expo runs from 9 a.m.-noon at the SB Nehelani. Learn about Army community resources from service agency representatives at this weekly interactive orientation without briefings. Call ACS at 655-4227.

Ongoing

Mango Languages — Army Hawaii Libraries can help you learn a foreign language. Mango Languages is a fun, fast and effective way to learn a new language with over 60 foreign language courses and 17 English lessons available.

Set up an account via the libraries' Web catalog, http://dod hawaiilibraries.org. Select the "eResources eResources" tab, and then Mango Languages from the database list. (You will need your Web login and PIN number.) Call 655-8002.

SB Arts and Crafts — Join "Moms 'n Tots" weekly creative project, 10-11 a.m., every Thursday. Cost is \$5. Call 655-4202.

Preschool Storytime — SB Sgt. Yano Library hosts, 10 a.m., every first and third Wednesday of the month for children 3-5 years old. Listen to stories, sing and dance, and make a craft. Call 655-8002.

Medical Center Chapel WAAF: Wheeler Army Airfield Chapel **Buddhist Services**

•First Sunday, 1 p.m. at FD

TAMC: Tripler Army

•Fourth Sunday, 1 p.m. at MPC

•Thursday, 9 a.m. at AMR •Saturday, 5 p.m. at TAMC, WAAF

Sunday services:

Catholic Mass

- 8:30 a.m. at AMR

-10:30 a.m. at MPC Annex -11 a.m. at TAMC

•Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

Gospel Worship •Sunday, noon. at MPC

•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study •Friday, 1 p.m. at MPC Annex •Friday, 2:30 p.m., TAMC •Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath) •Friday, 7:30 p.m. at PH

Pagan (Wicca) •Friday, 7 p.m. at Wheeler

Annex

Protestant Worship •Sunday Services

-9 a.m. at MPC

-9 a.m., at FD, TAMC chapel

-10 a.m. at HMR -10:30 a.m. at AMR

-11:30 a.m. at WAAF (Spanish language)

-11 a.m. at SC

(Contemporary)

Liturgical (Lutheran/ Anglican)

•Sunday, 10 a.m. at WAAF



Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing

The Divergent Series: Allegiant

(PG-13) Fri., May 6, 7 p.m.

My Big Fat Greek

Wedding 2

(PG-13)

Sat., May 7, 4 p.m.



Eye in the Sky (R)

Sat., May 7, 7 p.m.



Batman vs. Superman (PG-13)

Sun., May 8, 5 p.m.

(Closed Monday, Tuesday, Wednesday and Thursday)

Hawaii Symphony Orchestra -"Totally '80s" performance features iconic music from the period, 7:30 p.m., at the Blaisdell Concert Hall. Tickets start at \$27.

7 / Saturday

community@hawaiiarmyweekly.com. South Shore Classic — Premier open ocean swim event at Waikiki Beach/Kapahulu features men's and women's 1-mile event for ages 15 and older, keiki 1/2-mile event for ages 14 and under, and an elite 2-mile swim. For information and registration, visit SouthShoreClassic.com.

> **SB Kolekole** — The walking-hiking trail is open this weekend.

> Hawaii Pet Expo and Puppy **Match** — First of two days at the NBC Exhibition Hall, 10 a.m.- 4 p.m., features exhibits and plenty of puppies. Event is free.

SB Exchange Cinco De Mayo Celebration — Dance performances, piñata, Mexican bingo and vendor food trucks are all available, 10 a.m.-2 p.m., at the SB Exchange mall and parking lot.

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula, 6-7 p.m., Tuesdays, Thursdays and Saturdays

near the Duke Kahanamoku statue. weather permitting. Cameras

are welcome and seating is available on the grass, beach chairs and mats. Call 843-

9th annual Ladies of the '80s **Concert** — Salt-N-Pepa hosts acts from the '80s including En Vogue, Sweet Sensation and more, 7 p.m., at the Blaisdell Arena. Tickets begin at \$55 for upper level, with 10% military discount at all points of sale with ID.

8 / Sunday

Military Appreciation Month Wet'n'Wild Hawaii invites all active, retired, reserve and veteran U.S. military members and their dependents to enjoy the water park for \$20 off general admission (cost will be \$29.99) throughout May. Must bring valid U.S. military

Family Fishing — Ho'omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread).

A limited number of bamboo poles are available to borrow on a first-come, first-served basis. There is a 20-minute hike to the fishing area. For information/reservations, call 233-7323.

season is underway on the North Shore at Mokuleia with matches every Sunday through Sept. 4. The parking lot opens at 11 a.m.; matches begin at 2 p.m. Tickets cost \$10-\$25. Visit Hawaii-polo.org or call 220-5153.

Pacific Aviation Museum -The historic B5N Torpedo Bomber aircraft, "The Kate," now at Pacific Aviation Museum Pearl Harbor for restoration, is on display at Lt. Ted Shealy's Restoration Shop in Hangar 79, and restoration work has begun. Visit www.PacificAviationMuseum.

10 / Tuesday

Family Night - Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program

features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319. Schofield Family Night is held

Wednesdays at 5:30 p.m.

13 / Friday

AMR Food Truck Carnival — Sponsored by the Exchange, enjoy a variety of foods, as well as games and karaoke entertainment, 11 a.m.-8 p.m., both Friday night and Saturday, at the AMR Exchange Express parking lot.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Pro-

FMWR: Family and Morale, Welfare and

ASYMCA: Armed Services YMCA

FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities

Recreation

PFC: Physical Fitness Center

SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-

Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield COMMUNITY HAWAII ARMY WEEKLY MAY 6, 2016 | B-3

325th BSB, Gold Star children create a Bronco ohana

CAPT. RYAN CHANKO

325th Brigade Support Battalion 3rd Brigade Combat Team 25th Infantry Division

SCHOFIELD BARRACKS — Soldiers with 325th Brigade Support Battalion, "Mustangs," spent time with children of the Gold Star Families of Oahu, Wednesday, April 20.

The annual Gold Star Family Day event is one way of reaching out to the local community of families of fallen Soldiers to connect them to the Bronco ohana.

Last year, the Mustangs hosted the families and their children for a day of planned activities and food. This year, the Mustangs made the event more spectacular.

"Our Soldiers have embraced hosting the Gold Star Families and look forward to future events to volunteer and give back to these children and their families," said Lt. Col. Patrick Disney, commander of 325th BSB, 3rd Brigade Combat Team, 25th Infantry Division.

With the children in mind, a wide range of activities for each of the age groups were added for this year's event. Activity booths and static displays were placed around the quad for the children and families to interact with and ask questions. The field artillery and engineer battalions brought displays of howitzer cannons and an unmanned aerial surveillance device.

The children also participated in schoolyard classics, such as tug-of-war, basketball and football. Arts and crafts were also available for face painting and making tie-dye T-shirts.

"The 325th BSB was honored to host the five Gold Star Families in E-Quad. Our battalion has made an incredible connection with the Gold Star Families and children over the past year. It's so very important that we ensure that



Photo by Spc. Patrick Kirby, 3rd Brigade Combat Team, 25th Infantry Division

Soldiers with 325th Brigade Support Battalion, 3rd BCT, 25th ID, conduct physical readiness training with the Gold Star children before navigating an obstacle course at E-quad on April 20.

they are still and will always be a part of our profession," said Disney. "The sacrifices of their loved ones are not forgotten. Cathy Ignacio, Survivor Outreach Services coordinator, has done a tremendous job in keeping the lines of communication open with our battal-

Survivor Outreach Services

Survivor Outreach Services is a program developed to better serve the surviving families of the fallen by keeping them connected to the Army for as long as they desire.

SOS provides long-term support, resources and emotional connection services to all survivors, to include spouses, children, parents, siblings and friends grieving the loss of a Soldier.

In coordination with military, non-governmental organizations and the local community, SOS works to create a supportive network.

All Army active duty, National Guard and Reserve component survivors are eligible under the program.

Find the Survivor Outreach Services Center at Soldier & Family Assistance Center, 371 Brannon Road, Bldg. 663, Schofield Barracks, HI 96857. Call (808) 655-7171.

Hawaii Exchange Patriot Pet Contest goes to the dogs ... cats ... birds ...

HAWAII EXCHANGE

News Release

SCHOFIELD BARRACKS — Hawaii Exchange shoppers who think they have a top dog or cat bird or reptile can try to fetch their share of great prize giveaways.

Shoppers are encouraged to bring their pets to compete for prizes at the Hickam main store from 11 a.m. to 12 p.m., May 14, and from the main store, here, from 10 a.m. to 1 p.m., May 28

All pets are welcome.

Contest categories

For both locations the following categories will receive prizes:

- Best Aloha Costume
- Best Pet/Owner Look-Alike
- Best Trick
- Strangest Pet

"For many military members, pets are very much an important part of their family, providing love and companionship, and easing stress of daily duties," said Hawaii Exchange General Manager Robert Rice. "With the Patriot Pet Contest, the Exchange salutes these furry, fuzzy, feathered, and sometimes even scaly, members of the military family."

Online contest

Besides the in-store contest, Hawaii Exchange shoppers wanting to unleash their pet's best-in-show potential can enter Fluffy and Fido in the Army & Air Force Exchange Service's worldwide Patriot Pet "Just Say Treat" online photo contest for a chance at a \$1,000 grand prize.

From May 6 through June 2, authorized shoppers can upload a photo of their

prized pet at www.shopmyexchange.com/ sweepstakes. One grand-prize winner will take home a \$1,000 Exchange gift card, while two first place winners will each receive \$500 gift cards. Four third place winners will nab \$250 gift cards each.

For more information about the in-store pet event, shoppers can visit either Exchange's customer service area.

More Online

Once the contest launches, rules and more information for the online contest can be found at www.shopmyex change.com/sweepstakes. "Just Say Treat" winners will be notified toward the end of June.



Courtesy of AAFES

Commissary gift cards offer unique value for patrons to buy and save

MIKE PERRON

Defense Commissary Agency

FORT LEE, Va. — Gift cards are a great idea. They solve the problem of trying to figure out what to give someone with a simple answer: Give them a choice.

But then you're faced with a different question - which card to give?

Sure, you could give them one for an online retailer, but then much of the card's value would probably go toward paying shipping costs and handling fees.

What to do?

Here's an idea: Get them a commissary gift card. Authorized shoppers can then pick out what they want, knowing they're getting the biggest bang for every dollar spent by shopping at the commissary and taking advantage of the best prices in town.

And, from meat and potatoes to hanging

plants, commissaries sell a surprising variety of everyday needs.

"The cards can be used to purchase anything sold in the commissary," said Bob Bunch, the Defense Commissary Agency's gift card program manager. "We do about \$5 million a year in gift card sales."

The program, which enters its sixth year in June, has seen just shy of 660,000 cards worth more than \$22.5 million snapped up by givers. And unlike most gift cards, shoppers actually use the commissary gift cards they re-

'Our redemption rate is really phenomenal," said Bunch, adding that almost 90 percent of all cards sold have been fully redeemed. "The industry average redemption rate for a gift card is about 75 percent."

The cards are available to anyone online at commissaries.com and in-store for authorized commissary shoppers.

How it works

Here are some commissary gift card

- quick facts: • Gift cards are available at all commissaries worldwide, on a rack at full service, front-end registers, as well as the website. Just use the "Place your order" button on the Gift Cards page.
- Cards are good for five years from the date of purchase.
- Only gift cards purchased online incur a shipping and handling fee. There are no fees when the card is purchased in a store.
- There is no limit to the number of gifts cards that a purchaser can buy. However, DeCA officials recommend organizations and activities consider purchasing their cards online if they plan to purchase more than 50 at a time.
- The cards can be sent anywhere in the United States. However, cards can only be

shipped to APO, FPO or DPO addresses outside the United States.

- To check card balances, use the "Check Your Balance" button on the Gift Cards
- Customers who still have unused gift vouchers, the precursor to the gift card, may still redeem them through Aug. 31, regardless of the expiration date printed on it. After that date, DeCA will no longer accept the vouchers as a form of payment.

Point of Contact

For customer service questions, call toll free to 877-988-4438, which is also found on the back of the gift card. Customers can also use this number to check the balance on their card.

B-4 | MAY 6, 2016 HAWAII ARMY WEEKLY

'Living the Dream' fulfills a young child's Army hopes

2nd Stryker Brigade Combat Team Public Affairs 25th Infantry Division

WAHIAWA — Often military personnel may greet or respond to one another with "Living the Dream," but what does it really

Is it an inside joke that they amuse one another with, or is it something more?

From April 24-29, a young man from Springfield, Mo., did just that with the help and support from the Make-a-Wish Foundation of America and the 2nd Battalion, 11th Field Artillery Regiment, 25th Division Artillery, 25th Infantry Division, as he was provided the opportunity to live his dream of being a part of the U.S. Army.

Dylan Warren, 13, was diagnosed with a congenital heart condition, which has deemed him medically unfit for service.

"I would like to spend a day on a military base and be in the Army," said Warren. "I want to wear fatigues and boots. I want to learn how they shoot big guns and aim at targets that are far away. I want to learn the lingo they use in the military and be able to give commands. I want to eat MREs (Meals, Ready-to-Eat)."

For a week, Warren was able to indulge in an experience of a lifetime, as he was an honorary part of the Tropic Lightning Divi-

"The Make-a-Wish Foundation has inspired my Soldiers to not take for granted the opportunities the Army has to offer," said Capt. Stephen Berryman, the commander for Battery C, 2-11th FAR, attached to 2nd Brigade Combat Team.

'Being able to assist in fulfilling Dylan's wish of spending a day in the life of a Soldier was an honorable moment for us to represent the U.S. Army," Berryman added.

Warren was able to fire view the firing of the M777 Howitzer, spend time with Soldiers and enjoy the wonderful and savory taste of an MRE.

The 2-11th FAR had the personnel, equipment and training scheduled to support Warren's wish.

Lt. Col. Daniel Blackmon, commander, 2-11th FAR, recognized this opportunity to build camaraderie between his unit and the community, which the military services rely



Courtesy photo by KISS Studios

SCHOFIELD BARRACKS — Dylan Warren rappels down a hill with help from Soldiers with 25th ID at Schofield Barrack's East Range, April 26. Warren visited Schofield Barracks and Wheeler Army Airfield to fulfill his wish of being a Solider made possible through Make-A-Wish Hawaii and U.S. Army Hawaii personnel.

on for support.

For many young children, if provided the opportunity, they would most likely choose to meet the President of the United States or a famous athlete, but for Warren, his wish was to experience life as a Soldier.

The Make-a-Wish Foundation of America is a nonprofit, charitable organization dedicated to fulfilling the wishes of children with life-threatening medical conditions. Many children request to be in the military for a day, and their wishes have been granted by other units in the past.

HONOLULU — Dylan Warren is enlisted as an honorary Soldier as part of his wish from the Make-A-Wish Foundation of America at the U.S. Army Museum of Hawaii, April 24. Soldiers at Wheeler Army Airfield and with 25th ID Artillery gave Warren a tour of operations during his weeklong visit.



Courtesy photo by Jessica Kaye Photography

Mother's Day mom hopes for something better this time

I started dropping not-so-subtle hints last

"You do know that Mother's Day is coming, don't you?" I said, rather loudly, to my hus-

'Yeah," he replied defensively. "What about

"Don't you remember what happened last

I could tell from his blank stare that Francis was thinking about peanuts or Greco-Roman wrestling or "Deadliest Catch" because he had no clue what I was talking about.

2015 debacle

It was Sunday morning, May 10th, 2015, and 1 was the first one awake.

Surprised that no one in my family had

brought me a cup of coffee, I thought, "Surely they've got something planned for Mother's

When I had awoken our teens for church, they were particularly grumpy.

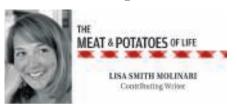
"Seriously?" Anna sassed. "I never get to

In protest, Lilly hopped into the minivan

wearing a ratty pair of jeans and flip-flops.

Late, as usual, we slipped into a side pew during the first reading. Francis yawned during the gospel, Anna wouldn't hold my hand during the "Our Father," and no one but me sang the hymns.

I would normally be annoyed, but I figured,



they were just pretending to be lazy, disrespectful and negligent, because then I'd be really surprised when they revealed their fabulous Mother's Day plans.

"Go in peace; the mass has ended," Father Kris said, adding, "And Happy Mother's Day!" I was halfway down the isle before I realized

that my family was still in the pew, whispering to each other.

"Oh, this is going to be fun," I thought. Francis drove us to La Forge, a locals' favorite brunch spot.

"Do you have reservations, Sir? We're all booked up," the host said politely.

After exploring a few more dead ends, we got a mixed dozen in the Dunkin' Donuts drive-thru and headed home, Francis promising that something special was in store.

Francis and the kids darted into the house, presumably to get ready for those fabulous Mother's Day plans, and I sat in our sunny backvard to get out of their way.

Suddenly, Francis, who didn't see me in the backyard, rushed out to the minivan, the tires squealing as he drove away. Fifteen minutes later he was back, and as he ran past the backyard



Photo courtesy of Lisa Smith Molinari

In this week's "Meat and Potatoes of Life" column, the author speaks about how simple gifts and thoughtful actions make the best Mother's

gate, he saw me sitting there.

In his hands were a 7-11 plastic bag that appeared to be holding a greeting card, and a cellophane cone wrapped around a sad-looking bouquet. From the look in his eyes, I knew the truth.

My family had completely forgotten about Mother's Day.

If that weren't bad enough, Francis had bought me something he knows I don't like cut flowers.

When the kids were young, I loved the sticky bunches of dandelions they'd pick for me out of our backyard. I was so proud of their thoughtfulness, and I'd place the oozing stems in a little jelly jar in the center of our kitchen table. But I have never liked cut flowers bought from the store,

and my family has known this for years.

Seeing Francis sneaking in the house, something snapped. Mothers work tirelessly and selflessly to raise kids and create a home for their families. Many, like me, put their careers aside, giving up all aspirations for professional rewards and respect, to dedicate themselves to their families. This is the one day when mom should expect a pat on the back.

Determined that my family would not get the "check in the box," I calmly walked into the house, called everyone into the kitchen and announced, "Mother's Day is hereby cancelled."

Thanks to the yearlong guilt trip I put them on, I'm fairly confident that my family will have a fabulous day planned for me this year.

More not-so-subtle hints: Bring me a cup of coffee without spilling it on the staircase. Make your beds without griping. Let's go to church on time for once, and at least pretend to sing the hymns. Find a sunny spot for a family picnic, without anyone complaining that someone else took the last bag of ranch Doritos. Later, the kids can cook something for dinner that doesn't have chocolate chips, and clean up without suctioning each other with the Shop Vac.

And lastly, a thoughtful homemade card with personal sentiments would be nice, instead of 'Have a good Mother's Day - Hayden Molinari."

And if you must get flowers, I prefer dande-(Visit Molinari at www.themeatandpotatoe-

Exchange readies flowers for mom

HAWAII EXCHANGE News Release

SCHOFIELD BARRACKS — The Army & Air Force Exchange Service is giving military families an opportunity to show mom how much they care this year with fresh-cut Mother's Day

From now through Mother's Day, May 8, authorized shoppers can purchase floral bouquets and roses, just for mom, at the Schofield and Hickam main stores and selected Express

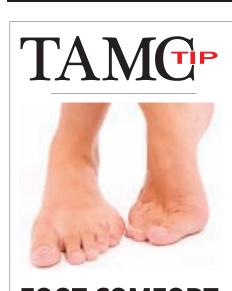
Two choices of Loving Mom Bouquets, each containing a dozen flowers, will be available at \$9.99 each. Additionally, roses are available by the dozen, half-dozen or as singles.

'Whether raising children, while their spouse serves in the military; pursuing a military career of their own, while managing a family; or raising the next generation of fighters committed to protecting American freedoms, military moms deserve a big thanks this Mother's Day," said General Manager Robert



"Picking up a batch of these premium, fresh-cut flowers is a great start to saying 'thank you' for all the sacrifices military moms make every day," he added.

For more information, shoppers can contact the Schofield main store at 622-1773 or the Hickam main store at 422-



FOOT COMFORT

You shouldn't buy shoes that hurt, bottom line!

Shoes should feel comfortable from the first step, so shop in the evening.

Your feet swell during the day, so you want to shop when they're at their biggest.

Also, make sure the sneaks are a little roomy enough so that you can wiggle your toes, but no more than that. They should be more comfy once you have a good 20 to 40 miles on them.

For more serious foot-related issues, contact your primary care manager.

Seeking help

The Tripler appointment line is (808) 433-2778.

For more information about foot care, visit: www.tamc.amedd
.army.mil/offices/podiatry/.



Story and photo by

WILLIAM SALLETTE
Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center has been planning to upgrade its Progressive Care Unit (PCU), here, since 2011.

The new location officially opened its doors April 29 with a ribbon cutting ceremony performed by Col. David K. Dunning, TAMC commander.

The PCU is a less intensive care environment for those patients who do not meet the criteria for admission to the Intensive Care Unit, where patients may require a breathing machine and frequent care interactions. While the nursing presence in the unit is always there, the focus is on assisting patients to achieve independence in their care while managing their medical needs.

The goal for PCU care is to transition patients to a medical ward and then eventual discharge.

"We have modernized the care environments to include safe patient lifting systems, modernized beds, bariatric capability, expanded care environments and technology enhancements that assist the nurses and care staff in providing for patient and family needs," said Maj. Michael Campbell, Critical Care Transition officer.

The planning for this renovation and move began back in 2011 with construction ending March 25 of this year. Once the construction was complete, staff members from every major department came together to create a master plan for the training of staff and the moving of patients.

The new PCU is located on the 7th floor, C-Wing, and was meticulously designed and tested to be able to care for all of TAMC's beneficiaries' needs. The family zone provides an area of interaction for the families while maintaining room to care for the patient's needs.

"TAMC is moving and growing in order to enhance the caring environment for our beneficiaries with a focus on the 'ohana' care



From left to right — Staff Sgt. Thyrone Jones, PCU Noncommissioned Officer In Charge; Col. David Dunning, TAMC commander; Col. Pablito Gahol, Deputy of Internal Medicine; and Maj. Felecia Hudson, Charge Nurse Officer in Charge of the PCU, pull the ties on a maile lei during the grand opening ceremony for the PCU, April 29. This ceremony officially opened the newest wing of Tripler Army Medical Center.

aspect by providing a patient-centered and family-focused addition to our care," said Dunning.

"With this move, we are modernizing our

care environment to align with the MED-COM (Medical Command) view of patient care and provide world-class health care to our patients and families."

B-6 | MAY 6, 2016 HAWAII ARMY WEEKLY ENVIRONMENT

ΡΤΔ ΕΔΡΤΗ ΝΔΥ



Photos courtesy of Pohakuloa Training Area

POHAKULOA TRAINING AREA, Hi — U.S. Army-Pohakuloa Training Area staff members celebrate Earth Day, April 20, by highlighting PTA's natural and cultural resources with members of the local community.

(Right) Cave artifacts and petroglyphs are two of the displays featured. Presentations by PTA's biologists and archeologists also featured rare and endangered plant species for the almost 500 community members who joined the informative day designed for the local communities of the Big Island.



Environmental staff says, 'No dumping, drains to stream'

DELONTE HARROD

Army News Service

Water is important to all of life. That's no secret.

But according to the Clean Water Act for local governments, helping to protect it is essential to flourishing communities.

One way to do so is to protect and guard the environment from pollutants, according to officials.

Jenny Tolbert, storm water program manager at Joint Base Myer-Henderson Hall, Va., along with Richard LaFreniere, the chief of the Environmental Management Division on JBM-HH, and local service members, want to encourage and remind communities to be good stewards of water.

Two days before Earth Day, they did just that themselves by labeling curbside storm drains with inlet markers that read "No Dumping, Drains to Stream."

Environmental tips

Tolbert offered some advice to help mitigate the impact of harmful toxins reaching storm drains:

- Block the drains while washing vehicles or use inserts to capture wash water
- Use only biodegradable liquids
- Keep yard waste and trash off the streets



Courtesy photo

Community members are asked to abide by "No Dumping" signs posted at curbside storm drains.

and out of gutters

- Use grass enhancers (like fertilizers) sparingly
 - Properly dispose of hazardous waste
- Recycle motor oil

"Really, all these pollutants can go out and reach these bigger bodies of water that impact local communities," Tolbert said. "The pollutants ... can reach the people ... where all the people are fishing and anything alike. It affects all of us.

"It's basically a public outreach event to help spread awareness and teach people that they can't dump things in the drains because it can go straight to the stream."

Tolbert said she hopes service members would spread the word. It would help to inform the community about what happens when bad things get into the water stream.

"We are hoping that they can then go and tell their friends," she said.

Educating community members on how to protect water quality is not unique to the joint base. In fact, many states have used this form of environmental marketing to edify small and large communities about how community members can help

to prevent toxic chemicals from entering through storm drains.

According to research and experience, Tolbert said people, in general, toss harmful items to the ground and use storm drains as ways to get rid of toxins. Also, there is a common misconception about the waters' final destination once it enters the storm drain.

"(People) think it will be treated in a treatment plant or something before heading out,"

Tolbert said. "We actually had a few of the Soldiers who volunteered mention that they always thought the storm drains lead to some kind of a treatment facility."

Due to this common misconception, it is common for objects like cigarette butts, bits of litter, various kinds of chemicals used to wash cars, and fluids from conducting car maintenance to get tossed and washed down the storm drains.

"Unfortunately, these (water) systems can carry pollutants, such as pesticides, bacteria and chemicals through city streets and straight to our waters," according to an article titled "Storm Water Runoff," published by the Environmental Protection Agency.

It says, "Storm water pollution can include chemicals, fast food wrappers, cigarette butts, Styrofoam cups, sewage overflow, cooking oil, bacteria from pet waste, used motor oil, fertilizers, paint and construction debris."

Contact

For more information, contact the environmental program at the Directorate of Public Works, U.S. Army Garrison-Hawaii, at 656-5790.

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SB Commissary patrons succeed at 'Choose to Lose'

Story and photos by **CHRISTINE CABALO** Staff Writer

SCHOFIELD BARRACKS — Losing big meant gaining better health and top prizes for the "Choose to Lose" Program winners who were announced April 27 at the commissary,

The annual program, first started in 2013, helped participants lose weight and encouraged healthier habits.

The winners were determined by a combination of their total percentage of weight loss and Choose to Lose bucks earned from completing related healthy activities. Participants could also join several group exercise events, including a free walk twice a week that begins at the commissary.

"The program gets you motivated," said Brian McMinn, the store director of the commissary. "We've got a number of people who are walking and still coming to the commissary to do it to keep up their exercise routine.'

This year, the program ran from Jan. 16 to April 15, featuring commissary shopping discounts, prizes and special health-related events. People could sign up as an individual, family or team to earn prizes as they lost weight.

A total of 268 people signed up, with 56 participants coming in to the program's final weigh in. Of those who participated in the final weigh in, they collectively lost 532 pounds during the four-month program.

Those who earned Choose to Lose bucks completed healthy habits to keep up their weight loss and get a better chance of earning the top prizes. The bucks were awarded for program activities, including taking special exercise classes created for the program, meeting with a dietician or personal trainer and weekly weigh-ins. Although the winners won several products from sponsors,

top winners also received commissary gift certificates. The top award winners also received a new Fitbit device to help them continue to track their fitness and health, even after the pro-Juhae Cho, an Army spouse, won in the individual category

losing 33 pounds. She appreciated how the program encouraged her to get into healthy lifelong habits in a few focused "It's a good period of time," she said. "It was a good experience, and I'm thankful for the people I've met from it. Person-

al trainers can be expensive, so people should take advantage of it here and be healthy." McMinn said the commissary plans to continue the Choose

to Lose program next year, with feedback from this year's participants on ways to improve.

"A proper routine exercise and the right diet makes a much healthier lifestyle," McMinn said. "The program ended in April, but it gets you into habits that encourage you throughout the year to continue those good habits. That can make a huge difference."

2016 Choose to Lose Winners **Individual Winners**

1st Place: Juhae Cho

2nd Place: Cindy Kim

3rd Place: Lisa Danner

Family Winners 1st Place: The Smith Family (Amber and Joshua

2nd Place: The Nevill Family (Richard, Brianne and

3rd Place: The Jones Family (Jason, Laura, Jessica,

Kaylee and Jacob Jones)

Team Winners

1st Place: Sylvia Carrasco, Allison Storm, Katy Hol-

lenbach and Jennifer Garcia

2nd Place: Montrell Thompson, Shyanne Smith and

Choose to Lose Program

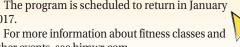
The Schofield Barracks Commissary annually hosts this program to encourage weight loss, choose healthy foods and get into lifelong fitness habits.

Service members, retirees and family members are

Participants who lost the most percentage of weight and earned the most Choose to Lose bucks could win commissary gift cards and other prizes.

The program is scheduled to return in January

other events, see himwr.com.





The first place winners in the adult team category hold up their prizes for the Choose to Lose Program during a ceremony at the Schofield Barracks Commissary, April 27. Pictured from left to right: Sylvia Carrasco, Jennifer Garcia, Allison Storm and Katy Hollenbach.



Participants in the Schofield **Barracks Commissary** "Choose to Lose" Program complete a group walk for fitness, April 15. Those who lost the most percentage of weight and earned Choose to Lose bucks won the top prizes including a Fitbit. Juhae Cho (purple shirt) won as the individual first place winner and Cindy Kim (yellow shirt) won second place.